

Parent Support Group

Free drop-in group for parents & caregivers who have children birth to six years old.

Drop in for coffee, conversation, and support. Connect with other parents, and explore what you need to thrive as a parent.



- No cost
- Snacks provided
- Children invited to participate in playgroup

Tuesdays, 12:30 - 2:30 pm,
starting February 25, 2020

Thrive Family Centre -Maplewood
399 Seymour River Place

*Facilitated by: Kim Laforest, Family Support Navigator
and Erin Bruchet, Registered Clinical Counsellor*